



- SCHOOLS PROVIDE AN IDEAL SPACE FOR CHILDREN TO ACCESS MENTAL HEALTH CARE
- SCHOOL BASED THERAPY SERVICES ARE TIMELY, ACCESSIBLE & EFFICIENT; THEY REACH THE LARGEST NUMBER OF CHILDREN POSSIBLE

*"We don't have to do it all alone. We were never meant to."*

*Brene Brown*

*Testimonials*



seasons

*School Based Therapy Services*

- NEARLY 60% OF SCHOOL AGED CHILDREN DO NOT RECEIVE ANY TREATMENT
- OF THE CHILDREN THAT DID RECEIVE SERVICES, 2/3 DID SO IN A SCHOOL SETTING
- 50% OF MENTAL ILLNESS BEGINS BY AGE 14



"As a school counselor, having Seasons means that I have more people to collaborate with and help make students, families, and staff understand the extreme need of mental health and how it impacts our kids everyday." - School Counselor

"Our students and families face many challenges. Seasons has added a great tool in our toolbox to build supports for students and families. Having those supports be available in the school setting has definitely served students and families well. Many times, it is the difference between a student receiving the support services or not receiving the support services they need." - Superintendent of Schools

"The social emotional needs of a child have never been higher and some students require a service most districts are unable to provide. At Emmetsburg we are fortunate to work with the Seasons staff so we can fill that growing social emotional void some of our children are encountering." - School Administration

"I have noticed that these students are doing a much better job of recognizing their feelings and are starting to learn how to calm themselves down (students in YSW groups). They are also becoming more aware of how their actions affect other children." - Teacher

*Contact Us*

Website:  
[www.seasonscenter.org/school-based-services](http://www.seasonscenter.org/school-based-services)  
 Phone:  
**800.242.5101**  
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- APPROXIMATELY 50% OF CHILDREN AGE 14 & OVER, WITH A MENTAL HEALTH ILLNESS, DROP OUT OF HIGH SCHOOL
- THERE IS AN AVERAGE DELAY OF 8-10 YEARS BETWEEN ONSET OF SYMPTOMS AND ACCESS OF SERVICES

1 out of 5 children has a diagnosable mental health disorder



Information from [www.educateiowa.gov](http://www.educateiowa.gov)

# Trauma Informed Care

Help manage social, emotional, & behavioral health needs, including but not limited to:

- Anger Management
- Impulse Control
- Communication & Social Skills
- Problem Solving
- Attention
- Listening

## What can we offer

- **MENTAL HEALTH EVALUATION**
  - DEVELOP COMPREHENSIVE PLAN BASED ON THERAPEUTIC ASSESSMENTS TO IDENTIFY NEEDS & ESTABLISH STEPS TO MITIGATE THE SYMPTOMS IDENTIFIED.
- **INDIVIDUAL THERAPY**
  - USE EVIDENCE BASED PRACTICES (EBP)
- **GROUPS (THERAPY & SKILL BASED)**
  - EBP CURRICULUM
- **COLLABORATIVE MEETINGS**
- **EDUCATION**
- **COMMUNITY AGENCY MEETINGS**

PLEASE NOTE: SERVICES MAY VARY BASED ON SCHOOL DISTRICT.

# Therapy and Youth

## HOW DO YOU KNOW MENTAL HEALTH SERVICES ARE NEEDED

### Services

#### IS YOUR CHILD/STUDENT

- Easily and often sad, angry, or upset?
- Quickly agitated and difficult to calm down?
- Showing unsafe or disruptive behaviors?
- Having difficulty focusing?
- Losing interest in things that once were important?

#### HAVE THEY

- Experienced trauma or stress?
- Experienced loss or grief?

#### ARE THERE AREAS THAT CONCERN YOU, FOR EXAMPLE

- Problems or behaviors at school
- Social disruptions
- School functioning
- Age appropriate interactions
- Missing school
- Substance Use
- Office referrals
- DHS involvement
- JCS involvement

PLEASE NOTE: THE ABOVE SYMPTOMS ARE NOT ALL INCLUSIVE.

#### OUR PROGRAM

Seasons Center partners with northwest Iowa school districts to support the social, emotional, and behavioral health of all students needing individualized services.

#### THERAPIST

Our board-certified mental health therapist provides individual mental health therapy to children with a diagnosed mental health condition. The therapist will develop goals for treatment in collaboration with parents and teacher/school personnel in order to improve the child's overall function in the classroom and at home.

#### YOUTH SERVICES WORKER

Our school based Youth Services Worker assists students with their behavioral health with the purpose of regaining or attaining a maximum level of functioning and development.